

Norman Park Center

May/June 09

Disaster Preparedness

Thursday, May 7th

11:00 am

Being prepared for emergencies is crucial at home and in your community. Disaster can strike quickly. The American Red Cross will conduct a short session on what you can do to be prepared. Free disaster preparedness kits will be available. To receive a kit and attend this training, please call (619) 691-5086 or register at the Norman Park office.

Older Americans Month Luncheon

Thursday, May 14th

11:45 am

The Norman Park Senior Center is celebrating Older Americans month with a lunch and a performance by Grupo Folklorico from Chula Vista High School. A big thank you to our sponsors; Las Primeras, Mary Sikes and the American Korean Group and Gloria Murray. The cost is \$ 1.00. Please purchase your ticket early for this popular event. Space is limited.

INSIDE THIS ISSUE:

Special Notices	2-3
Health & Safety	4
Daily Events Calendar	5
Monthly Calendar	6-7
Around Town Classes	8
Volunteer Opportunities	9
Computer Corner	9
SeniorNet	9
Club News	10
Trips	11
Special Notices	11
Staff	12

Camp Scripps for Seniors

Tuesday, May 19th

9:30 am - 12:00 pm

Join us for an inside view to healthcare. The Scripps Chula Vista Hospital staff will be taking us on a special tour through the Emergency Room, Radiology, Cath lab, Pathology and Physical Therapy. Participating seniors will receive a T-shirt and lunch. Space is limited and registration is required. Please call (619) 691-5086 or register at the Norman Park office.

CV Senior Club

Afternoon T-Dance

Thursday, June 4th

1:00 pm - 3:00 pm

The popular band, "Encores" will be making it's debut at Norman Park on June 4th. Please join us for an afternoon of music, dancing, refreshments and door prizes.

Cost: \$4.00 Members \$5.00 Non-members



Special Notices



A BIG 'thank you' to

Ana Bravo and Wal*Mart on Broadway for the donation of a Nintendo Wii Gaming System. This is a great addition to the senior center!

Shuffleboard

Join us on Tuesday & Thursday mornings from 9:00 am to noon. Don't know how to play? No Problem! We will teach you. You will have a GREAT time!! Contact Jeff at 422-6696 or sign up at the hostess desk.



Volunteer Meeting

Thursday, May 28th 9:30 am
Volunteers, if you are a hostess or assist the Chula Vista Senior Club with special events, this meeting is for you. Please join us for information, refreshments and sharing.

Center Closure

Monday, May 25th
In observance of
Memorial Day

Visit the Recreation Department website:

WWW.ChulaVista.Gov/Rec



Senior Center Tour and Orientation

Thursday, May 7th & June 4th 11:00 am

Learn about all the activities and services available at Norman Park and enjoy a guided tour of our facility. Meet in the conference room next to the main office.

Free Wills! Provided by Elder Law & Advocacy

Everyone should have a will, no matter how large or small your estate. Several lawyers from Elder Law & Advocacy will be coming to the Norman Park Center on June 8th to draft wills for seniors over the age of sixty. There will be no charge for this service. **AN APPOINTMENT IS NECESSARY.** Please call the Norman Park Center at 619 691-5086 for more information. Appointments must be made by May 8th, 1 month prior to will day.

Parkinson's Disease Support Group

Every 1st Tuesday 10:30 am

A new Parkinson's support group meets every 1st Tuesday in the Norman Park Conference Room. For more information please call Flora at (619) 420-0076.

Senior Pilates Program

Mon. & Wed. 7:30 - 8:30 am

Want to create a body that looks and feels ageless? Need to build strength and improve balance? Looking for ways to reduce or eliminate back and joint pain? Want to improve flexibility? Then pilates is for you! Receive a t-shirt with registration.

Cost: 4 weeks \$24.00 residents \$30.00 non-residents

Classic Film Series

Wed. May 6th 1:00 pm - This film debuted in 1945 with Gene Tierney giving a powerful dramatic performance. Cornel Wilde, Jeanne Crain and Vincent Price also star in this film.

Wed. June 3rd 1:00 pm - Fred Astaire and Ginger Rogers star in one of their finest musical comedies that lifted spirits during the Great Depression. Songs include Night and Day and The Continental.



Special Notices



CALIFORNIA TELEPHONE PROGRAM is Celebrating!

Monday, May 4 1:30 pm

Do you have difficulty using your phone due to hearing or vision impairment? Is it difficult for you to reach the phone before they hang up? This program offers free adaptive phones for CA residents. Along with great information. Enjoy Bingo, Prizes, and Refreshments!



JFS Fix-It-Services

Wednesday, May 6 10:00 am

Come to this informative workshop about the Jewish Family Services Fix-It Service. This service provides all labor and repairs free of charge through volunteers and a grant by Aging & Independence Services. This service installs doorbells, safety grab bars, hand rails, smoke and carbon monoxide detectors, they also repair window screens and replace light bulbs & nightlights. Seniors must be 60 and over.

Tai Chi

Wednesdays 9:30 - 10:30 am
Begins May 13th

Norman park welcomes Dan Mariano back as our Tai Chi Instructor. Dan uses 8 Form Tai Chi and Qui Gong energy cultivation in the body. Each class starts with stretching and breathing and is great for helping seniors with that range of motion.

Cost \$3.00 Per session

Casual Crafters

Wednesdays 9:30 am

Join this crafting group and make items to donate to the Veterans Home and other assisted care facilities. Yarn donations are also greatly appreciated! For more info please contact Ana Carson at (619) 429-9656.

Receive the Newsletter at Home **By Mail:** \$7.00 per year.
Please make your check out to the City of Chula Vista.



MEN'S GROUP & LUNCH

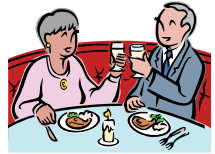
Tuesday, May 12th
Tuesday, June 9th
12:15 pm

The Men's Group will discuss men's health and social issues. This group is led by Dr. Michael Rosenblatt.

Lunch will be served. Please register for this monthly activity by calling 691-5086. The physician is provided by Scripps Health.

OUT 2 LUNCH BUNCH

Wednesday, May 13th, June 10th
1:15 pm



This group emphasizes making new friends and socializing. Everyone pays for their own lunch. Join us on the 2nd Wednesday of each month. On May 13th, the group will have lunch at PF Changs at the Otay Ranch Shopping Center. On June 10th, the group will be eating at South Bay Fish & Grill at the J St. Marina.

Please call Shani at 691-5086 to register.

IT'S TIME TO DANCE!!

Country Line Dance

Tuesdays 9:45 am Advanced
10:45 am Beginners

Come learn Country Line Dance. It's a great way to exercise and socialize.

Fee: \$3.00 Residents \$3.75 Non-residents

Ballroom Dance

Mondays 1:00 pm

The ballroom dance class is looking for more members. This is your chance to keep up with "Dancing with the Stars"! Join this group on Mondays. The cost is \$2.00 for residents and \$2.50 for non-residents.



Health & Safety

Anna's Wellness Column

"You may be disappointed if you fail, but you are doomed if you don't try."

– Beverly Sills

I bought a book called "Vinegar: Over 400 Various, Versatile & Very Good Uses You've Probably Never Thought of," by Vicki Lansky. The book has whole sections on cooking, cleaning, laundry, beauty & grooming, home remedies and pet solutions.

The following are suggestions from Vicki's book for using plain distilled white vinegar (the kind you find at the supermarket):

Shine up chrome sink fixtures that are marred with stains or lime buildup by cleaning with a paste of 2 tablespoons salt and 1 teaspoon distilled vinegar.

Make vinegar ice cubes and run down the garbage disposal while flushing with hot water to deodorize it. As the vinegar freezes, it will deodorize the freezer too!

Add ½ cup vinegar to the dishwasher rinse cycle to get dishes and glassware sparkling.

Fill a spray bottle with vinegar and use to kill weeds between the cracks in the sidewalk, in walkways and driveways.

Condition hair and fight dandruff by using vinegar as a rinse after shampooing. Use a solution of 1 cup vinegar to 2 cups water.

Men can use undiluted vinegar as an aftershave lotion, especially if commercial aftershaves cause rashes and itching. The odor disappears quickly.

Treat corns and calluses by taping over them a cloth soaked in vinegar and leave it on overnight.

Rub nails with a vinegar soaked cotton ball before polishing – it will make the polish last longer.

Fitness Center

The Fitness Center is staffed with certified fitness trainers and has treadmills, elliptical cross trainers, bicycles, strength equipment, free weights, balls and bands. Trainers will instruct on how to use all equipment and will design personal training programs as part of your membership.

Membership and equipment orientation is required to use the fitness center.

- April, May, and June
\$28 Residents
\$56 Non-residents
- June ONLY \$10.00

For Fitness Center hours and orientation times see page 12.



Scripps Health Talks

***Presented by the
Scripps Family Residency Program***
Refreshments Served. Please Register in Advance.

"Healthy Lungs"

Mon., May 11th 10:00 am

Diagnosing any breathing problem at an early stage is important. Loss of certain lung defenses and environmental conditions leave lungs more vulnerable to damage. Come learn about having healthy lungs!

"Vitamins and Supplements"

Mon., June 8th 10:00 am

This presentation will focus on the importance of vitamins and supplements to enhance your diet as you age. Specifics on how supplements help your health will be discussed.



Daily Events

Group	Day	Time	Group	Day	Time
Art-Watercolors	M	9:00 am	Exercise		
Bereavement	Th	1:00 pm	(Pilates)	M, W	7:30 am
(San Diego Hospice)					
Blood Pressure	F	8:30 am	Inquirers Group	T	10:00am
(Red Cross)			Quilting	Tu	1:30 pm
Bridge Lessons	M	10:30 am	Scrabble	M, W, F	12:30 pm
Bridge-Chicago	M, F	12:00 pm	Shuffleboard	Tu & Th	9:00 am
Bridge-Duplicate	W	12:30 pm	Singing Seniors	Tu	1:30 pm
Bridge-Round Robin	Th	12:00 pm	Spanish	W, F	9:45 am
Bridge- Lessons	M	10:30	Spanish, Conv.	M,W,F	10:00 am
Casual Crafters	W	9:30 am	TOPS	F	12:00 pm
Computer and	W	1:00 pm	Ukulele Class	Tu	10:00 am
Camera Club			World Affairs	M	10:00 am
Computer Lab	W	12:00 pm	Yoga (Chair)	W	7:15 pm
Computer Lab	F	10am-12 pm	Yoga	Th*	5:00 pm
Computer Lab	F	1:00 pm	Yoga	F	8:00 am
Creative Writers	Tu	2:00 pm			
Dance-Ballroom	M	1:00 pm	* No class the first Thurs of May and June		
Dance-Line/Adv.	Tu	9:45 am	* Yoga Thurs pm		
Dance-Line/Beg.	Tu	10:45 am	• Spring session ends June 10th		
Dance (Tues. Night)	Tu	6:30 pm			Cost: \$25.00 or \$5.00 per class
Dance- Square	F (1st-3rd)	7:00 pm			
(Calico Twirlers)			Line Dance	Tue	\$3/\$3.75 resident/non resident
Exercise	M- Th	8:00 am	Night Dance	Tue	\$5 for all
Exercise	Tu	9:00 am	Square Dance	Fri	\$5 for all
(Longevity Stick)			Strength Tr.	Wed	\$1/\$1.25
Exercise	Sa (Marina)	8:00 am	Ballroom Dance	Mon	\$2/\$2.50
(Longevity Stick)			Pilates	Mon, Wed	\$24/\$30 - 4 Week
Exercise	W	6:00 pm			Session
(Strength Training)					

Classes Requiring Pre-registration

Name	Date	Day	Time	*Cost	Call to Register
AARP Driver Safety Program	May 15 & 20 June 17 & 19	W & F	12:30 pm	\$14.00	(619)641-7020

Computer Classes - See Page 9

Circuit Training- See Page 3



JUNE



Sunday	Monday	Tuesday	Wednesday	Thursday	Friday	Sat.
	1	2	3	4	5	6
	10:30 Parkinson's Disease Support Group Conf. Rm	9:30 Tai Chi Rm 10 1:00 Classic Film Series	11:00 Newcomers Conf. Rm 1:00 CV Senior Club T-Dance	10:00 Intro to Computers 1:00 Movie Time Rm 9	Fitness Center Open 8:30-11:00 Every Saturday!	
	6:30 CV Senior Club Dance		6:30 Coin Club 7:00 SOBARS			
7	8	9	10	11	12	13
	12:15 Men's Group Lunch Rm 7 12:45 Investors Club Conf Rm 6:30 CV Senior Club Dance	9:30 Tai Chi Rm 10 12:00 Club Amistad Rm 9-11 1:15 Out 2 Lunch Bunch	12:00 CV Senior Club Potluck and Birthday Party	11:00 American/Korean Group Rm 9,10		
14	15	16	17	18	19	20
10:00 Health Chat "Vitamins and Supplements" Rm. 9	12:30 La Ronda Rm. 9, 10 1:30 Sing-a-long Fireplace 6:30 CV Senior Club Dance	9:30 Tai Chi Rm 10 12:30 AARP Driver Safety Program Rm 10	8:30 Vision Support Group 9:30 CV Senior Club Board Mtg 11:45 Garden Club Rm 9-11	12:30 AARP Driver Safety Program Rm 10		
21	22	23	24	25	26	27
	6:30 CV Senior Club Dance	9:30 Tai Chi Rm 10 12:00 CV Art Guild Rm 9-11	10:00 CV Senior Club Bingo Rm 10 12:00 Billiards Tournament Gameroom	12:00 Club Amistad Board Mtg. Rm 9,10		
28	29	30				
	6:30 CV Senior Club Dance					

Page 7



INTEGRITY



Sunday	Monday	Tuesday	Wednesday	Thursday	Friday	Sat.
					1 1:00 Movie Time Rm 9	2 Fitness Center Open 8:30-11am Every Saturday!
3	4 1:30 CA Telephone Access Program with Bingo, Prizes, & Refreshments	5 10:30 Parkinson's Disease Support Group Conf. Rm. 6:30 CV Senior Club Dance	6 10:00 "Fix It Service" Presentation Rm 10 1:00 Classic Film Series Rm 11	7 11:00 Disaster Preparedness 11:00 Newcomers Conf Rm 12:00 CV Senior Club Potluck & Performance 6:30 Coin Club Rm. 9-10 7:00 SOBAR's Rm. 11	8 11:00 American/Korean Group Rm 9,10	9
10	11 10:00 Health Chat "Healthy Lungs" Rm 9	12 9:00 RSVP Brunch Town & Country Hotel 12:15 Men's Group Lunch Rm 7 12:45 Investors Club 6:30 CV Senior Club Dance	13 9:30 Tai Chi Begins 12:00 Club Amistad Rm 9-11 1:15 Out to Lunch Bunch 3:00 Commission on Aging	14 11:45 Older Americans Month Celebration	15 12:30 AARP Drive Safety Program Rm 10	16
17	18	19 9:30 Camp Scripps 12:30 La Ronda Rm 9,10 1:30 Sing-along Fireplace 6:30 CV Senior Club Dance	20 9:30 Tai Chi Rm 10 12:30 AARP Drive Safety Program Rm 10	21 8:30 Vision Support Group 11:45 Garden Club Rm 9-11	22 12:00 Club Amistad Board Mtg. Rm 9,10	23
24	25 Closed in Observance of Memorial Day	26 No 8am Exercise 6:30 CV Senior Club Dance	27 9:30 Tai Chi Rm 10 12:00 Chula Vista Art Guild Rm 9-11	28 No 8am Exercise 9:30 Volunteer Mtg. Rm 9 10:30 CV Senior Club Board Mtg. Conf. Rm 12:00 Billiards Tournament	29	30

Around Town Classes

Salt Creek Rec. Center

2710 Otay Lakes Rd. 585-5739

Table Tennis Wed 1:30 pm - 3:00 pm
Call For Details

Fitness Room

Mon-Sat 8am-9:45pm

Sun. 12-4:45pm

Fee: \$25 per quarter/residents.

Yoga

Mon. Wed. 6:30-7:20 10 weeks

Fee: Call For Fee

Veterans Park Recreation Center

785 E. Palomar 691-5260

Line, Ballroom, Salsa, Cha Cha, Merengue dancing, Yoga and Art classes offered.

Call center for days and fees.

Feeling Fit Exercise: Strength, Balance & Flexibility

Tues./Thurs., 2:00 pm - 2:30 pm

Free.

Enjoy this fun class that's good for you too!



Parkway Family

Aquatic Center

385 Park Way 691-5088

Lap Swim

M-F 6 to 8 am, 11 to 1 pm

Sat 10:30-12:00 pm

Call For Fees

Loma Verde Family

Aquatics Center

1420 Loma Ln. 691-5081

Lap Swim

Mon, Wed, Fri 6:00 - 8:00 am

5:00 - 7:00 pm

Mon-Fri 11:00 - 1:00 pm

Water Aerobics

Call for fees

M W F 11:00 - 12:00 pm Water-walking

12:00 - 1:00 pm Deep Water Aerobics

Masters Swim Program 6-7:15 am MWF

Town Center Manor

Exercise:

432 F Street

For more information call

Kim Burgess 585-7338

Tues. / Thurs. 1:00 - 2:00 pm

Villa Serena

1231 Medical Ctr Dr. 934-8001

Cooking/Nutrition

Tuesday 11:00 am

English as a Second Language

Monday 1:00 pm

Computer Class

Tuesdays 2pm

Kiku Gardens

1260 3rd Avenue 422-4951

Abacus & Brain Development.

Thurs. 2:00 pm

Heritage Comm. Ctr.

1381 E. Palomar St. 421-7032

Aerobics

Tu / Th 9-9:50 am Call for Fee

J St. Marina Park

Tai Chi

Saturday 9:00 - 10:30am

Special Notice

Aging & Independence Services

Vital Aging Conference

Thursday, June 4 8:30 am - 12:30 pm

At the Balboa Park Club Ballroom

Keynote Speaker, Dr. John Glick, physician and clown with the Gesundheit! Institute "Laughter for the Health of It". Also featuring other speakers and activities exploring the mind/body connection. Continental breakfast and beverages are free.



Special Notices



In Case of an Emergency!

"Together we can save a life"- American Red Cross

Would it be worth \$25 (cost of materials) to you to know what to do in case of an emergency... at home, at a ball game, on the highway? (Normal cost: \$75). By special arrangements with the Red Cross and a little more than 5 hours of your time, YOU can be better prepared! This course consists of two parts: 1. CPR/AED and 2. First Aid. Class size is limited to 14. Call Norman Senior Center (619) 691-5086, or stop in person to register.

Volunteer Spanish Consultation

Tuesday, May 12 10:00 am

Mr. George Wu is offering a volunteer consultation service, translating English into Spanish. Anyone needing a brief translation is invited to attend this one time meeting. Most information after the meeting will be by phone or email. This is a 12 week service.

INTRO. TO COMPUTERS

Friday, June 5th 10-12:00pm

This preview provides a hands-on introduction to computers using the Windows operating system. Basic components of a computer, the Windows Systems and controlling a mouse will be discussed. Free! Pre-registration is required. This class is designed for persons with NO computer skills/experience.

Computer Corner

SeniorNet Computer Classes

SeniorNet Membership: \$40/yr (check required)

Class Fee: (all 4 week classes)

\$22 (residents) \$28 (non-resident)

Beginning Computer Classes

Tuesday, May 5,12,19,26 9:00am-Noon

Monday, June 8,15,22,29 9:00am-Noon

Thursday, June 25, July 2,9,16 9:00am-Noon

This series of courses starts with the basics.
Materials are Based on Windows XP

Digital Photos and Stuff:

Thursdays, May 28, June 4,11,18 1:00pm-4:00pm

Thursdays, June 25, July 2,9,16 1:00pm-4:00pm

Intro to Internet:

Tuesday, June 2,9,16,23 1:00pm-4:00pm

Intro to Email:

Thursday, May 28, June 4,11,18 1:00pm-4:00pm

Challenge Test

Do you feel you know enough about computers to be able to test out of the beginning classes? If so, pick up a challenge test at The Norman Park office and go to the SeniorNet lab on one of the times listed below and take the challenge test.

Lab Hours

Wednesday 1:00 - 3:00 pm

Friday 10 - 12 pm & 1 - 3 pm

SeniorNet members may use the lab during hours listed.

Private Instruction

\$10 per session \$12.50 non-resident,

One on one instruction is available for Card Making, Internet, and Review of Basic Computer Skills. Ask in office for details.

*Free introduction to classes: See Page 3



Class schedules are available at Norman Park Center.



Club News



Cedar Center Choir and Potluck

Thursday, May 7th 12:00 pm

Bring a dish to share for potluck and sit back and enjoy the Cedar Center Choir. Thirty members of the Cedar Center Choir under the direction of Eunice Williams will perform at our meeting and pot-luck on May 7th. Their spring concert repertoire includes: Irving Berlin classics like "Let's Dance", "Puttin' on the Ritz", and "Steppin' Out with my Baby". They'll sing some lively folk tunes, upbeat gospels and patriotic rousers like "America the Beautiful" and "The Voice of America". The audience will be invited to sing along on several of the numbers! In 2008, they performed in St. Raphael, France.

Time to Test the Squeaking-Wheel Theory?

The following question was in our suggestion box: if the city is out of money shouldn't we seniors get organized to "squeak-up" for Norman Center? Good question! Would you be willing to take an active part in voicing our message and opinions to the-powers-that-be? If so, please sign up at the Hostess Desk, and we'll get started!

Don't forget Bingo!

Thursday, June 25 10:00 am
Cost \$1.00 Members \$2.00 Non-members

Silent Auction = Membership!

Are you taking up closet space with items you're never going to use? Our White-Elephant committee and your club would welcome them with "open-tables" now. On the other hand, if you have something to donate that is worth \$5.00 or more (we get to appraise) we will enter it into a "silent auction" with bids solicited. Upon sale you will be given a free club membership! (Or, if you are already a member, you can gift the membership to a friend who isn't!)

CV Senior Club Potluck & Birthday Party

Thursday, June 11th 12:00pm

The Senior Club is combining the potluck and the birthday party. Please bring a dish to share with 6 to 8 people. (no desserts please) Birthday cake and ice cream will be provided by the Club. Door prizes will be given.

Tuesday Night Dance Tuesdays 6:30 pm

Join this great group every Tuesday Night for music and dancing!

****\$5 at the door****

May 5th - "Cinco de Mayo"
May 12th - "Saint's Day"
May 19th - "Armed Forces Day"
May 26th - "Blue Skirt Waltz Nite"
June 2nd - "Hug Your Cat Day"
June 9th - "Donald Duck Recognition"
June 16th - "Meet-a-Mate Week"
June 23rd - "Yey, Summer!"
June 30th - "Formal Night"



Movie Time!

Friday, May 1 1:00 pm

This film tells the story of how an impoverished Indian teen became a contestant on the Hindi version of "Who Wants to be A Millionaire?". Won the 2008 Academy Award for Best Film.

Friday, June 5th 1:00 pm

Academy Award Winners Meryl Streep and Philip Seymour-Hoffman star in this film which tells the story of a nun who confronts a priest when she suspects he abused an African-American student.

Popcorn will be served!



Special Notices



Making a Difference Anna Carson

The Norman Park Senior Center is very proud to have a wonderful volunteer like Anna Carson. Anna is the group leader for the Casual Crafters. This group makes a variety of beautiful handcrafted items for military servicemen, the Veterans Home, assisted care facilities and baby items for neonatal intensive care units.

Anna was born in Spain and has lived in Hawaii and Washington State before moving to Chula Vista. She has been married to Thomas Carson for 41 years and they have four children.

Anna enjoys volunteering at Norman Park because it's a great place to meet new people and to help others. When she's not volunteering, Anna likes to crochet, read and watch old movies.



BILLIARDS TOURNAMENT 12:00 pm

Thursday, May 28th

Thursday, June 25th

The sign up sheet is in the Pool Room.



Count the Norman the Great Lions Contest Winners!

The March/April Newsletter was graced with 43 Lions. Congratulations to the winners:

**Wanda Tribble
Jeannie Hopper
Nancy Francis**



You Can be a Good Will Ambassador

Dear Senior Club Members:

As you know, your board has set out to make '09 a banner year of change, fun and camaraderie! But, no matter how clever or creative we think we are, we can't do nutten' without YOU (period).

Do you live in, or by, a retirement home, mobile-home park, apartment, RV park, Civic/Social Club, church, library... a bulletin board? Then would you consider placing a copy of our event calendar there? (Ask if they have a newsletter where they might briefly highlight out events.)

Do you know a new or soon-to-be retiree? Invite them to a meeting, party/event (and bring yourself).

Community Resource Volunteer Needed

Norman Park is looking for volunteers to provide health information to seniors. The "Promotoras" or community resource volunteers will speak at the senior residences, mobile home parks and to senior social groups about important health issues. Promotoras will be trained by Scripps Health and Well Being Center staff and will receive a stipend for their work. Pick up an application in the Norman Park office.

Count the "Ball Players" Contest

Count the Ball Players Contest

Name:

Phone:

Number of Ball Players



Center Operations

Senior/ Human Services Supervisors

Recreation Supervisor III Kathy Wigginton

Senior/ Human Services Staff

Lorraine Abril	Kristen Johnson
Michele Schlanbush	Frank Martinez
Jim Craig	Danette Myers
Shani Crawley	Yadira Sanchez
Terris Finkbeiner	Anna Solis
Pedro Garcia	Christopher Taylor
Adolfo Herrera	

Phone Numbers

Receptionist:	691-5086
Hostess Desk:	691-5023
Trip Office:	476-5356
Information & Referral	691-5087

New Hours of Operation

270 F St. Chula Vista, Ca. (619) 691-5086

M, T, W, F 8:00 am– 4:00 pm

Thursday 8:00 am– 9:30 pm

Fitness Center Hours

Mon., Wed., Fri. 10:30 am - 2:00 pm

Tues., Thurs., 8:00 am - 11:30 am
5:00 pm– 7:00 pm Mon-Thurs.

8:30 am– 11:00 am on Saturday

Free orientations Mon. - Fri. at 11:00 am, Mon-Thurs. at 5:30 pm, and Saturday at 9:30. Pre-registration for orientation is recommended.

As a recipient of federal funds, the City of Chula Vista cannot discriminate against anyone on the basis of race, color, sex, religion, national origin, age, mental or physical disability. If anyone believes he or she has been discriminated against, he or she may file a complaint alleging the discrimination, with either the City of Chula Vista Recreation Department or the Office of Equal Opportunity, U.S. Department of the Interior, Washington D.C. 20240.



Recreation Department
Norman Park Senior Center
270 "F" Street
Chula Vista, CA 91910